

# ACTION PLANNING FOR HEALING AFTER SURGERY

Today's date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (mm/dd/yy)

Patient's name: \_\_\_\_\_

Remember surgery can be painful. Healing takes time.

Ask your provider what to expect for surgery and recovery.

Think about what has helped with pain management in the past.

Share your concerns with your healthcare team.

How do you plan to care for pain after surgery? Select all that apply.

<p>Over the counter medications</p> <ul style="list-style-type: none"> <li>Ibuprofen (Motrin®)</li> <li>Acetaminophen (Tylenol®)</li> </ul>	<p>Physical Methods</p> <ul style="list-style-type: none"> <li>Hugs/Comfort</li> <li>Massage</li> <li>Heat</li> <li>Cold</li> <li>Gentle Exercise</li> <li>Relaxation</li> <li>Mindfulness</li> <li>Deep Breathing</li> </ul>	<p>Distraction</p> <ul style="list-style-type: none"> <li>Art</li> <li>Books</li> <li>Games/play</li> <li>Music</li> <li>Special foods</li> </ul>	<p>Prescription medications such as opioids (only for procedures that may cause severe pain)</p> <p>I am willing to have an opioid prescription if offered</p> <p>I do not want an opioid prescription</p>
---	---	---	--

Does the patient have any of the following? Select all that apply.

<ul style="list-style-type: none"> <li>Chronic/ongoing pain</li> <li>Allergies to ibuprofen or acetaminophen</li> <li>Allergies to opioids</li> <li>Past use of opioids such as oxycodone or hydrocodone for pain</li> </ul>	<ul style="list-style-type: none"> <li>Anxiety about surgery and pain</li> <li>General anxiety</li> <li>Depression</li> <li>Patient history of substance use</li> <li>Family history of substance use</li> </ul>
--	--

Additional comfort measures and notes for the care team:

---



---

Child life specialists can help with pain management planning. For more information about Child and Family Life services at C.S. Mott Children's Hospital, contact 734-936-6519 or [mottchildlife@umich.edu](mailto:mottchildlife@umich.edu)

To find more information about pediatric pain management, scan the QR code or visit <https://michigan-open.org/pediatrics/>

